

L'ÎLE FLOTTANTE AU CARAMEL (Floating Island)

About Meringue

There are three types of meringue:

- French meringue – COLD; Swiss meringue – WARM; Italian meringue – HOT

In making meringues, be sure whites are at room temperature and completely free of yolks. The bowl needs to be absolutely dry and clean.

French Meringue

The ratio for a French meringue is typically, 2 parts sugar to one part egg white.

Ingredients:

6 oz sugar

3 egg whites

Pinch of cream of tartar

Pinch of salt

Technique:

Whip eggs whites with pinch of cream of tartar and a small pinch of salt

Start mixing slowly and gradually increase speed of mixer, when foam starts to appear, slowly add sugar.

Continue mixing until creamy and fluffy and meringue holds stiff peaks.

Pipe onto parchment paper (as demonstrated).

Heat in stages in microwave (as demonstrated).

Crème Anglaise

Ingredients:

8 oz milk

3 egg yolks

2.5 oz sugar

Touch of vanilla

Technique:

In a small pot, bring milk to a simmer, making sure not to scald or scorch.

In a bowl, vigorously whisk yolks and sugar until pale in color.

Gently whisk in hot milk to temper yolks. Pour mixture back into the pot and switch to wooden spoon, place pot back on the heat. Stir constantly over low heat making with the wooden spoon.

When foam disappears, pay careful attention (tilt pan to look at bottom) to make sure eggs don't curdle.

Sauce will continue to thicken as it cooks. Sauce is ready when consistency coats back of spoon. Remove from heat and stir in vanilla.

Caramel

Ingredients

¼ cup water

1 cup sugar

Technique

In medium pot combine sugar and water – do not stir.

Simmer until sugar reaches desired dark golden color. Remove from heat and use a fork to make caramel “threads.”